

3/29/19 – COLORADO FEDERAL EXECUTIVE BOARD (CFEB)
ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE
<http://www.colorado.feb.gov/>

ROCKY MOUNTAIN EAGLE & UNITED WE SERVE AWARDS
Nomination period is Open

One week left to nominate your top performers

There is no COST to local Field Offices/Agencies.

Nomination period is March 6 – April 7, 2019.

ROCKY MTN EAGLE | <https://colorado.feb.gov/programs/awards/rocky-mountain-eagle/>

Criteria for the Awards | https://colorado.feb.gov/wp-content/uploads/2019/03/Criteria_RME-Awards_2019.pdf

Categories:

- Executive of the Year
- Supervisor of the Year
- Employee of the Year
- Rookie of the Year
- Improved Federal Image of the Year
- Outstanding Customer Service of the Year
- Special Project or Achievement (Individual or Team)
- Scientific Project or Achievement (Individual or Team)

UNITED WE SERVE | <https://colorado.feb.gov/programs/awards/united-we-serve/> | For Outstanding government workers who volunteer their time outside of their working hours.

Criteria for the Awards | https://colorado.feb.gov/wp-content/uploads/2019/03/Criteria_UWS-Awards_2019.pdf

Categories:

- Federal Employee
- State Employee
- City Employee
- County Employee

2019 AWARDS CEREMONY

May 8, 2019 | 2:00 – 4:00 pm | Aurora Municipal Center, Aurora, CO | Registration required – Link will open April 8, 2019

CONTACT | Jeff Conn | 303 202 4588 | jeff.conn@gsa.gov

###

FREE - YOU'RE FEDERAL RETIREMENT WALLET STRATEGIES

April 15 - 16, 2019 | 8:00 am - 4:30 pm | Registration - <https://www.eventbrite.com/e/your-federal-retirement-wallet-strategies-colorado-feb-tickets-50167171360>

April 17 - 18, 2019 | 8:00 am - 4:30 pm | Registration - <https://www.eventbrite.com/e/your-federal-retirement-wallet-strategies-colorado-feb-tickets-57624311868>

LOCATION FOR BOTH SESSIONS | Bureau of Prison's National Corrections Academy, 11900 E. Cornell Ave, Suite C, Aurora, CO | **Free**

Presentations by the Federal Experts from the U.S. Office of Personnel Management, U.S. Securities & Exchange Commission, Federal Retirement Thrift Investment Board (TSP), Health and Human Services-Centers for Medicare & Medicaid, and Social Security Administration.

Who Should Register: Employees **New** to Federal Government, **Mid-Career**, **Pre-Separation**, and **Uniformed Services**

CONTACT | Fred Eidson | 303 202 4588 | fred.eidson@gsa.gov

###

OPM

OPM Compensation Policy Memorandum's

Retroactive 2019 Pay Adjustment – CPM 2019-11:
<https://www.chcoc.gov/content/retroactive-2019-pay-adjustment>

Update to Fiscal Year 2019 Prevailing Rate Pay Adjustments – CPM 2019-12:
<https://www.chcoc.gov/content/update-fiscal-year-2019-prevailing-rate-pay-adjustments>

Update to 2018 Annual Review of Special Rates – CPM 2019-13:
<https://www.chcoc.gov/content/update-2018-annual-review-special-rates>

Modified Pay Freeze for Certain Senior Political Officials – CPM 2019-14:
<https://www.chcoc.gov/content/modified-pay-freeze-certain-senior-political-officials>

###

FEMA – APRIL IS NATIONAL FINANCIAL CAPABILITY MONTH

During National Financial Capability Month, FEMA's Ready Campaign aims to encourage people to take action by saving for the unexpected. It is vital that individuals and families have a financial plan to face emergencies and disasters. This would help communities and the country to be better prepared for disaster.

Website | <https://content.govdelivery.com/accounts/USDHSFEMA/bulletins/239a318>

###

DFC NEWSLETTER WINTER/SPRING 2019

<https://content.govdelivery.com/accounts/USGSA/bulletins/2361d30>

###

2019 FEDERAL EMPLOYEES TENNIS ASSOCIATION SEASON

Registration ends April 15, 2019 | Cost: \$15.00 for the season

Website: www.fetatennis.org | **CONTACT** Bob Nestel: fetatennis@gmail.com

If you are interested in playing in a small tennis league this summer where you can play as much or as little as you want. The league is open to employees and retirees of the Federal government and Jefferson County government. Immediate family members, including junior players 14 years and older, may play as the doubles partner of an eligible player.

###

DFC COED SLOW PITCH SOFTBALL LEAGUES

CONTACT | DFCCOEDSOFTBALL@GMAIL.COM indicate which league that either you or your team would like to play: Slots available for Teams and Players

Monday's | 5 men/5 women

Wednesday's | 7 men/3 women

Games begin in May 2019 and are played on the Denver Federal Center. If interested as a player, please add gender and which position you prefer to play. This information will be forwarded on to the current team managers to fill their needs for a complete team.

###

FEDERAL DRUG TAKE-BACK DAY - THREE DIFFERENT LOCATIONS

April 24, 2019

Byron Rogers Federal Building | Main lobby, 1961 Stout St, Denver CO | 10:00 am – 2:00 pm
Denver Federal Center: Corner of 7th and Main (where the old gas station used to be) | 10:00 am - 2:00 pm

National Renewable Energy Laboratory, Research Support Facility Lunch Rm | 9:30 am - 1:00 pm (Note different time) | POC at NREL is Brian Sutherland, brian.sutherland@ee.doe.gov

Drop off unwanted, unused, or expired prescription and over-the-counter medications for safe and anonymous disposal. These items can be in original containers or baggies. Unacceptable items include intravenous solution, injectables, needles and sharps, oxygen containers, mercury, chemotherapy/ radioactive substances, pressurized canisters, or illicit drugs.

CONTACT | Laurie Konsella | email Laurie.konsella@hhs.gov

###

2019 FEDERAL CUP 5K WALK/RUN

FEDERAL CUP 5K WALK/RUN

May 18, 2019 | 8:15 am | Denver Federal Center, Bicentennial Park

Registration: <https://www.runningguru.com/E1.asp?eID=54454>

Like us on Facebook: <https://www.facebook.com/Fed-Cup-5k-142767869216327/>

Website: <http://www.runningguru.com/Site/Website.asp?WebsiteID=174>

2020 – FED CUP 5K COMMITTEE MEMBERS NEEDED

If interested in serving as race director, co-director and/or race committee members beginning in 2020, please contact either Jeff Conn at: jeff.conn@gsa.gov | 303 202 4588 or Renee Varin-Potratz renee.l.potratz.civ@mail.mil

CFEB SPONSORED FINANCIAL CLASSES

TSP & MARKET QUARTERLY UPDATE - 1/2 DAY CLASS

April 30, 2019 | 8:00 am – 12:00 pm | DFC, CFEB Training Room, Bldg. 25, Room 1442, Denver, CO | Cost: \$50.00 per person

Online Registration Required | <https://colorado.feb.gov/register/?ee=490>

Fund Choices: Review Options, Allocations & Performance

- How do they compare to peers?
- The Rear Mirror View: Review of the Quarter
- Forward Looking: Now what?
- To Roth or not to Roth?
- How does this choice affect me in the future?
- How much to contribute?

INSTRUCTOR | Sharla Rountree, My Federal Retirements & Benefits

###

FEDERAL BENEFITS & RETIREMENT CLASSES

May 21, 2019 | 8:30 am – 4:00 pm | DFC, CFEB Training Room, Bldg. 25, Room 1442, Denver, CO | Cost: \$100.00 per person

Online Registration Required | <https://colorado.feb.gov/register/?ee=482>

INSTRUCTOR | Sharla Rountree, My Federal Retirements & Benefits

June 18, 2019 | 8:30 am – 4:00 pm | DFC, CFEB Training Room, Bldg. 25, Room 1442, Denver, CO | Cost: \$100.00 per person

Online Registration Required | <https://colorado.feb.gov/register/?ee=488>

INSTRUCTOR | Ann Vanderslice, Retirement Strategies

WORKFORCE DEVELOPMENT & TRAININGS

2019 ROCKY MTN REGION - FEW REGIONAL TRAINING PROGRAM

April 5, 2019 | 9:00 am – 5:00 pm | Denver Federal Center, Bldg. 25, Auditorium | Entrance E14
| Cost \$90-\$130 Early Bird before March 5. After March 5 \$100-\$150

Join us for a full day of training on topics like, productive communication, confronting difficult situations in the office, setting your agenda and taking control of your day and more.

CONTACT | Kerbi Jacobson | 303 887 4839 | info@dfcfew.org

<https://www.eventbrite.com/e/2019-rocky-mountain-region-training-program-registration-55528856304>

###

CFEB WORKFORCE DEVELOPMENT COUNCIL (WDC) MEETING

April 11, 2019 | 10 am – 12 pm | Denver Federal Center, CFEB Conf Rm, Bldg. 810, Rm 5014

Anyone interested in joining the Council is invited to attend. If you'd like more information or have questions about the CFEB WDC, please contact Brian Sutherland at:

Brian.Sutherland@ee.doe.gov or Fred Eidson at: fred.eidson@gsa.gov

###

2019 PRESIDENTIAL MANAGEMENT FELLOWS (PMF) PROGRAM - HIRING EVENT

April 22, 2019 | NIH Natcher Center, Bethesda, MD

The PMF Program is holding an in-person Hiring Fair for the Class of 2019 PMF Finalists. The goal is to get as many Class of 2019 Finalists hired as possible and our target is to hire 246 PMF Finalists into agencies for this class year. We need your help!!

For more information, please work with your agency/office PMF coordinator to register for the event | <https://apply.pmf.gov/coordinators.aspx>

###

COR REFRESHER TRAINING - FCR 404 - FAC-COR REFRESHER

April 22 – 26, 2019 | Denver Federal Center, Bldg. 53, Denver, CO | Cost: \$680.00| Registration: <https://faitas.army.mil/Faitas/>

Teaching School: DOIU - Department of the Interior University - FY: 2019 CLS: 504

Questions? Please contact the DOIU Denver, CO Learning Center:

Pam Stovall pamela_stovall@ios.doi.gov | 303 236-0061

Josh Marshall | josh_marshall@ios.doi.gov | 303 236-0062

###

THE NEUROSCIENCE OF LEADERSHIP

April 24, 2019 | 8:00 am - 4:30 pm | Denver Federal Center, CFEB Training Rm, Bldg. 25, Denver, CO | Cost: \$60.00 per person

Online Registration is Required | <https://colorado.feb.gov/register/?ee=475>

A One-Day Seminar for Federal Leaders, Supervisors, Managers, & Employees

- Recognize how one's beliefs and biases may be harmful and how to change them
- Have a deeper understand why people act the way they act
- Acquire skills to influence others towards greater levels of commitment
- Know how to energize others towards a shared vision and values-based culture

INSTRUCTOR | Hal Pitt, Hal Pitt Seminars

CONTACT | Jeff Conn | 303 202 4588 | jeff.conn@gsa.gov

###

POWERPOINT TIPS TO EXCEL TRAINING CLASS

May 1, 2019 | 8:00 am - 12:00 pm | CFEB Training Room, Denver Federal Center, Denver, CO
Cost: \$60.00 per person

Online Registration Required: <https://colorado.feb.gov/register/?ee=485>

Join us for this hands-on session with a certified PowerPoint expert to discover the secrets and best practices for creating and delivering your message with PowerPoint:

- Four key parts to a PowerPoint presentation
- The #1 technique you need to know for better presentations
- Tips for working with bullet slides and complex data

- Adding and using effective graphics
- Organizing your data with tables and charts
- Ways to engage audiences with animation and hyperlinks
- Explore insider secrets to professionally deliver a PowerPoint presentation

INSTRUCTOR Dawn Bjork | Software Pro

CONTACT | Jeff Conn | jeff.conn@gsa.gov | 303 202 4588

###

MICROSOFT EXCEL: BEYOND THE BASICS

May 22, 2019 | 8:00 am - 12:00 pm | CFEB Training Room, Denver Federal Center, Denver, CO

Cost: \$60.00 per person

Online Registration Required: <https://colorado.feb.gov/register/?ee=487>

Microsoft Excel is packed full of features designed to help you create, edit, format, and analyze a wide range of worksheet projects. With all of its power, many Excel tips and techniques are not obvious or intuitive. Join this hands-on session with a certified Excel expert to find out how to simplify actions in Excel, build formulas and functions, manage your data, and learn the steps and shortcuts to quickly and easily get your work done. Workshop topics include:

- Data entry tips and automation shortcuts
- Top essential functions for simple to complex calculations
- Managing workbooks and multiple worksheets
- The power of grouping worksheets for formatting and editing
- Techniques for linking and sharing data
- Customizing Excel

INSTRUCTOR Dawn Bjork | Software Pro

CONTACT | Jeff Conn | jeff.conn@gsa.gov | 303 202 4588

###

CFEB ADVANCED MEDIATION TRAINING

May 29-30, 2019 | 8:30 am - 4:30 pm | Denver Federal Center, CFEB Training Rm, Bldg. 25, Denver CO |

Cost: \$200 per person | CLE credits awarded

Online Registration Required | <https://colorado.feb.gov/register/?ee=484>

Who should attend: Federal or State mediators that have attended a minimum of 32 hours of basic mediation training either in a certificate program or through a Juris Doctoral program.

Topics covered: Refresher of Mediation Process; Mediator Role as a Neutral; Caucus Strategies; Monitoring & Safeguarding Mediator Neutrality; Handling of Parties "Representatives"; Ethical Challenges; Closing the Deal; & How to Stop a Mediation.

INSTRUCTORS | Jarvinen Dispute Resolution Services

CONTACT | Jeff Conn | 303 202 4588 | jeff.conn@gsa.gov

EMERGENCY PREPAREDNESS

CFEB EMERGENCY PREPAREDNESS MEETING

April 9, 2019 | 2 – 4 pm | Denver Federal Center, CFEB Conf Rm, Bldg. 810, Rm 5014

Anyone interested in joining the Council is invited to attend. If you'd like more information or have questions about the CFEB EPC, please contact Donna Vallejos at: donna.vallejos@gsa.gov or Jeff Conn at: jeff.conn@gsa.gov

###

NWS – WEATHER SPOTTER TRAINING

May 2, 2019 | 9:00 am – 12:00 pm | DFC, CFEB Training Room, Bldg. 25, Rm 1442, Entrance E14 | Free | Online Registration required - <https://colorado.feb.gov/register/?ee=486>

We will give the attendees the tools they will need to identify and accurately report severe storms that may impact lives and property. We will also talk about safety hazards with thunderstorms and actions you can take to protect yourselves. Spotters are a vital part of the warning process that provides critical ground truth information to meteorologists at the National Weather Service.

INSTRUCTOR | Scott Entrekin, NWS Boulder Office

###

LONG-TERM POWER OUTAGE CONTINUITY OF OPERATIONS WORKSHOPS (Offered three times for your scheduling convenience)

June 19, 2019 | 1:00 – 4:00 pm | Class is full – If you would like to be placed on the waitlist, email Jeff Conn | jeff.conn@gsa.gov

August 28, 2019 | 8:00 – 11:00 am | Registration: <https://colorado.feb.gov/register/?ee=481>

Free

WORKSHOP OVERVIEW

- **Who:** Whole Community: Private sector, Public Sector (federal, state, local government agencies) Public Health, first responders, etc.
- **What:** Long Term Power Outage Continuity of Operations Workshop
- **Purpose:** This workshop will focus on the abilities of local, state, and federal agencies, as well as private sector organizations, to define and provide their mission-essential functions during a continuity of operations plan implementation during a prolonged power outage due to a weather event on the electric power grid.
- **Where:** **CFEB Training Room** | Denver Federal Center, Bldg. 25, Rm 1442 | Entrance E14

Objectives:

- Review, update and revise current continuity plans when faced with a prolonged power outage affecting the jurisdiction prior to the restoration of power.
- Contribute to the development of a “best practices” report to support all partner agencies in the advancement of long-term continuity planning.
- Facilitate active learning opportunities and peer-to-peer exchanges, highlighting beneficial redundancies and identifying potential gaps in long term continuity plans.
- Determine how information will be shared and gathered based on current plans.

QUESTIONS | CFEB 303 202 4588 | jeff.conn@gsa.gov or FEMA Region VIII Continuity | 303-235-4982 | michael.brinkman@fema.dhs.gov

HEALTH & WELLNESS ACTIVITIES

FEHB MEDICARE SEMINAR

Hosted by Kaiser Permanente | Questions about Medicare and how it works with your FEHB coverage | Upcoming seminars | <http://kp.org/feds/medicare>

###

DENVER POST-9/11 VETERANS/FAMILY PROGRAMS - DEPRESSION CENTER

<https://www.cohenveteransnetwork.org> | CONTACT | Matt Mishkind | 303 724 4967 | Coloradodepressioncenter.org

###

VETERANS FREE MONTHLY NON-NARCOTIC CARE CLINICS

Held monthly | 9:00 am - 1:00 pm | Various Locations: www.healingwarriorsprogram.org
Denver Clinic | 2d Saturday of the Month | VFW Post 1, 841 Santa Fe Dr. Denver, CO
Longmont Clinic | 3d Saturday of the Month | Nat'l Guard Armory, 1512 N. Main St, Longmont, CO

CO Springs Clinic | 4th Saturday of the Month | American Legion Post 209, 3613 Jeannine Dr, CO Springs

Clinics designed to help those that have served our country. Please bring proof of military service, i.e. DD214 or military ID. Open to all service members and the spouse/partner/parent.

###

YOGA @ DENVER FEDERAL CENTER - WELLNESS CENTER

Denver Federal Center | Bldg. 75 | Kiel Hovland | 303 236 6911 | kiel.hovland@gsa.gov

Tuesdays & Thursdays | 5:00 – 6:00 pm | Yoga for beginners and intermediates

Drop in Cost is \$10 –or- 4-Punch Pass - \$30 (Classes open to all: Feds & Non-Feds; Members & Non-Members)

ONGOING ANNOUNCEMENTS

CDOT WINTER WEATHER DRIVING TIPS

<https://www.codot.gov/news/2018/october/cdot-preps-for-winter-storm-offers-motorists-winter-driving-tips>

###

UNITED SERVICE ORGANIZATIONS (USO) PATHFINDER PROGRAM (TRANSITIONS SERVICES)

M-F | 8:00 am – 4:00 pm | Fort Carson | 1638 Elwell St, Bldg. 6236 Rm 127 | CO Springs, CO

CONTACT | Ron Kriete | 719 338 9322 | rkriete@uso.org | www.USO.org/pathfinder

Assistance is now offered to Military Spouses:

file:///C:/Users/Jeff/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/X91EF4SQ/Pathfinder_MilSpouse%20Flyer_v2.pdf

###

COMPETENCY BASED TRAINING @ DOI UNIVERSITY

<https://doi.doi.gov/catalog.html?type=sp&id=lakewood>

Denver Federal Center | Bldg. 53, Denver, CO

CONTACT Pam Stovall | 303 236 0061 | Pamela_Stovall@ios.doi.gov

###

TOASTMASTERS CLUBS

Please visit our new Resources webpage for Toastmaster information:

<https://colorado.feb.gov/resources/>

###

VAN & CARPOOL

Vanpools needing riders are listed on the CFEB web site:

<https://colorado.feb.gov/resources/van-pools/>

If you would like the CFEB to add your van or carpool to the web site, email the information to

jeff.conn@gsa.gov

DENVER REGIONAL COUNCIL OF GOVERNMENT (DRCOG) WAY TO GO VANPOOLS

CONTACT Kate Spencer | 303-480-6725 | kspencer@drcog.org

JOB ANNOUNCEMENTS -

<https://www.usajobs.gov/>

Helpful hiring tips from USAjobs.gov - https://help.usajobs.gov/index.php/Main_Page

Links to information on building your resume, etc. -

<http://www.fs.usda.gov/main/r3/jobs/outreach>

National Older Worker Career Center (NOWCC) AGE 55+ | Denver, CO

AutoCAD Technician

https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4146

Water Program Professional Support - LCR

https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4837

UIC Class V Inspector/Compliance Specialist

https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4838

Inspector

https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4839

Community Involvement Support

https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4840

National Older Worker Career Center (NOWCC) AGE 55+ | Location in CO TBD

Engineer – Alamosa, Delta, Grand Junction, Montrose or Durango

https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4072

Soil Conservation Technician – Alamosa, Delta, Grand Junction, Montrose or Durango

https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4073

CFEB EMAIL ANNOUNCEMENTS

CFEB ALL EMPLOYEE ANNOUNCEMENTS POSTED ON WEBSITE

If you can't view the announcements or want information from a previous announcement, please visit the CFEB website: <https://colorado.feb.gov/>

SUBMIT INFORMATION FOR ANNOUNCEMENTS

To submit information to be included in the announcements, please email it by Wednesday of each week to jeff.conn@gsa.gov in the following format.

Title

Date | Time

Location | 3333 W 32 Ave | Denver CO (no punctuation)

Cost (if applicable)

Brief Description (very short marketing blurb | a couple of bullet points or sentences)

CONTACT Name | 303 333 5555 | email

Website

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Have a safe and wonderful Weekend.

CFEB Staff

Fred Eidson | Executive Director | fred.eidson@gsa.gov

Jeff Conn | Deputy Director | jeff.conn@gsa.gov

Colorado Federal Executive Board (CFEB) | 303 202 4588 | www.colorado.feb.gov

Please email Jeff Conn at: jeff.conn@gsa.gov to subscribe or unsubscribe from CFEB email